

262 Sausages and cold cuts

3.2 kg.

Beer

8.6 litres

At the time of this estimate, ¹/₁ sugar and coffee [272] were still rationed. With a free market, the coffee consumption has probably increased in most families.

After the recent war the general tendency has been to substitute wheat bread for the traditional dark rye bread, a development which both physicians and dentists are warning against. At meals 262 rye bread is still the favorite. It is always sour, 252 baked in water or buttermilk, and seasoned for variety with caraway seeds, malt or syrup. In western Finland the bread is traditionally baked in round, flat loaves with a hole in the middle. After baking, the loaves are all threaded on a round stick, which is raised high up next to the ceiling between the beams. The bread

¹/₁ [1950--Analysis] 287-

262 becomes hard and crisp, and a month's supply
● 252 can be baked at one time. In eastern Finland
the farmers prefer their bread soft, and the
hard loaves are nowadays too tough to consume.
Instead, the so-called hardtack, commercially
prepared, is very popular all over the country.
Wheat is used for coffee bread, cakes and cook-
ies, which the Finns consume in great quantities
in the true Scandinavian manner. Different kinds
of cereals, cooked in milk or water, either as a
thick porridge or thin gruel, are basic in the
Finnish menu.

262 The consumption of meat is still fairly low,
although it has been steadily increasing. A few
decades ago the farmers did all their slaughter-
ing in the fall and lived the whole winter on
smoked or salted meat; lately, the establishment
of co-operative slaughter houses has enabled